


# Pilgrim Café Menu October 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Chicken Vegetable Soup <b>Honey BBQ Beef Tips</b> Mashed Potatoes, Winter Blend Vegetables, Vanilla Pudding Marble Bread <i>(Egg Salad on Marble )</i>	4 Orange Juice <b>Scrambled Eggs</b> <b>Baked Ham</b> Home Fried Potatoes w/ Ketchup Fruited Yogurt	<b>5</b> Chicken Escarole Soup <b>Stuffed Chicken/ Gravy</b> Oven Roasted Potatoes Green Beans Cookie Wheat Dinner Roll <i>(Pulled Pork on a Roll)</i>	<b>6</b> Cream of Broccoli Soup <b>Shepherds Pie</b> Asparagus Cuts, Diced Peaches Whole Grain Bread <i>(Salami/Cheese Whole Grain-Bread)</i>	7 Onion Soup <b>Low Sodium Hot Dog</b> Baked Beans Tomato & Cucumber Salad Wheat Bread Watermelon <i>(BBQ Grilled Chicken /Wheat)</i>
<b>10</b>  <b><u>CLOSED</u></b> <b>Columbus Day</b>	<b>11</b> Vegetable Soup <b>Fried Steak /Country Gravy</b> Crispy Potatoes Brussels Sprouts Fruit Cocktail Multi-Grain Bread <i>(Turkey &amp; Swiss on Multi-Grain)</i>	<b>12</b> Tomato & Brown Rice Soup <b>Sweet &amp; Sour Pork Loin</b> Sweet Potatoes, Capri Blend Vegetables, Italian Ice, Dinner Roll <i>(Tuna Salad on a Roll)</i> <b>Free Meal sponsored by</b> 	<b>13</b> Split Pea Soup <b>Meatloaf w/Gravy</b> Mashed Potatoes Mixed Vegetables Coffee Cake Wheat Bread <i>(Chicken Salad w/Walnuts &amp; Cranberries on Wheat Bread)</i>	<b>14</b> Tossed Salad w/Dressing <b>Roasted Chicken Leg</b> Buttered Corn Summer Squash & Zucchini <u>RI Grown /Fresh Apple</u> Rye Bread  <i>(Meatball Sub on Grinder Roll)</i>
17 Venus de Milo Soup <b>Stuffed Cabbage w/Sauce</b> Basil Rice King Edward Blend Veg. Peanut Butter Cookies Wheat Bread <i>(Turkey Salad on Wheat)</i>	<b>18</b> Potato & Leek Soup <b>Grilled Chicken on Caesar Salad w/Croutons, Grated Cheese and Dressing</b> Fresh Fruit Garlic Bread <i>(Italian Tuna on Roll w/Side Salad)</i>	<b>19</b> Kale & Bean Soup <b>Beef Wellington</b> Peas & Onions Salad w/Dressing Pudding Italian Bread <i>(Fresh Mozzarella &amp; Tomato on Italian Bread)</i>	<b>20 Happy Birthday</b> Chicken Vegetable Soup <b>Chicken Cacciatore</b> Wheat Pasta with Sauce Sliced Carrots Frosted Cupcake Oatmeal Bread <i>(Meatloaf on Oatmeal Bread)</i>	<b>21</b> Cottage Cheese w/ Pineapple <b>Liver/Onions/Gravy</b> Augratin Pot. Veg. Blend Mandarin Oranges Rye Bread <i>(Egg Salad on Rye)</i>
<b>24</b> Chicken Escarole Soup <b>Chicken Cutlet w/Brown Gravy</b> Red Bliss Mashed Potatoes Broccoli Cuts Diced Pears Rye Bread <i>(Tuna Salad on Rye)</i>	<b>25</b> Pasta & Bean Soup <b>Meatball Sub on Grinder Roll</b> Tomato & Cucumber Salad Fresh Fruit <i>(Italian Grinder)</i>	<b>26</b> Vegetable Beef Soup <b>Turkey Meatloaf w/ Cranberry Chutney</b> Rice Pilaf Green Beans Shortbread Cookies Marble Bread <i>(Corned Beef &amp; Swiss on Marble)</i>	<b>27</b> Moroccan Lentil Soup <b>Stuffed Pork Chop w/Apple Sauce</b> Capri Blend Vegetables Spumoni Wheat Bread <i>(Turkey &amp; Swiss on Wheat)</i>	<b>28</b> Red Chowder <b>Baked Fish w/Crumb Top</b> Baked Potato Carrot Slaw <u>RI Grown/Apple Crisp</u> Rye Bread <i>(Roast Beef &amp; Cheese on Rye)</i>
<b>31</b> Goblin Chicken Soup <b>Ravens Beef w/Mushrooms &amp; Onions in a Wine Sauce</b> Mummy Noodles Mixed Vegetables Monster Mandarin Oranges Dinner Roll <i>(Scary Seafood Salad on a Roll)</i>	<b>FARM FRESH RI</b> <b>HARVEST OF THE MONTH</b> <b>APPLES!!!!!!!</b> <b>October 14 &amp; 28</b>	<b>Please Inform your Server if you have a food allergy</b>  <b>\$3.00 Suggested Donation</b>	<b>Funded in Part by the US Administration on Aging and the Rhode Island Division of Elderly Affairs</b>	<b>SALAD OF THE MONTH</b> <b>Tossed Salad w/ Tuna</b> <b>Tomato</b> <b>Cucumber</b> <b>Croutons</b> <b>Lite Italian Dressing</b>